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MRS. ALLEN'S BOOK OF MEAT SUBSTITUTES

MRS. ALLEN'S BOOK OF MEAT SUBSTITUTES

BY

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TO
MY GOOD FRIENDS
THE HOUSEWIVES
OF THE WORLD

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FOREWORD

One of the fine things about the war is that the women of this country, through dire necessity, are learning to use meat substitutes rather than so much meat. This will mean a greater degree of health, a saving of tremendous waste through the intelligent utilization of many fine foods hitherto unappreciated, and at the same time it must bring about a considerable decrease in Mrs. Uncle Sam's meat bills.

Many have solved the meat problem by eliminating meat entirely from the menu. This plan may be satisfactory if the meat substitutes introduced are thoroughly understood. But often the meatless meal is also practically proteinless and individuals partaking of it are not only liable to be dissatisfied and hungry soon afterwards, but undernourished as well. When the meatless menu is balanced by the use of one of the meat substitutes at each meal, these objections will be entirely overcome.

It is in response to the demand for information regarding the meat substitutes and their preparation that I have prepared this little book. My personal experience

has shown that a healthy man and active children will not enjoy the meat substitutes, nor find them sufficiently sustaining unless they really "taste good" and are combined with sufficient bulk to fill hungry stomachs.

And so in working out these recipes I have used the substitutes in combination with foods that the farmer would term "roughage," and know that the use of meat substitutes, wholly or in part in place of meat, will go a long way toward reducing the household bills, increasing health and helping the economic situation, whether the times are of war or of peace.

At this time the author wishes to acknowledge her gratitude for the unselfish, competent help of her partner, T. L. Allen, on this volume, as well as in all of her work, and to Miss Sybil Stevens, who has so ably helped to carry out the experimental work connected with this book.

IDA C. BAILEY ALLEN
The Allen Experiment Kitchen
New York, June 20th, 1918

MRS. ALLEN'S BOOK OF MEAT SUBSTITUTES

A LITTLE TALK ON MEAT SUBSTITUTES

The list of meat substitutes is extensive and includes nuts, cheese, eggs, milk, the legumes, as soup-, pinto- and soy beans, cow peas, split peas; fresh-, canned-, smoked- and salted-fish, and so on, as well as all foods in which any one of these is predominant, as milk soups, cheese puddings and the like.

It is not enough to introduce meat or a meat substitute only once a day. Each meal should include one of these foods and should balance dietetically, so that the constant body waste may be replenished at reasonable intervals, just as coal is put upon a furnace. A diet planned so that there is just enough of each food constituent insures normal warmth, adequate functioning of the body and therefore freedom from colds, auto-intoxication and its train of ills.

On first thought it may seem over-expensive to introduce a muscle-making food into every meal, but the gamut of prices is

wide and almost anyone can find a protein food of some sort that may be used if only time is taken to hunt around for it as faithfully as one would look for a yard of lace or a few yards of gingham. It will not be possible, however, to find inexpensive meat substitutes unless the stores are persistently visited. A few weeks ago a woman consulted me about the health of her family, which was anything but satisfactory. I found that she had cut off nearly all muscle-making food in the attempt to economize, and yet soy beans could at the time in her town be obtained as low as three cents a pound. She simply hadn't looked around.

Fish is higher in price than usual, but by purchasing the less familiar kinds, which are less expensive, by watching the market and taking advantage of the varieties that are canned, smoked and salted, an inexpensive meal can always be planned.

Nuts are a splendid muscle-making food. It is sometimes more economical to purchase the nut meats, especially if they are to be used in a short time. Again, it is necessary to watch the markets, eighty cents a pound, for instance, being too much for walnut meats, while thirty-five to forty cents, a normal price, yields excellent food value at the cost. In some localities native nuts, as the black walnut and the hickory-nut, may frequently replace meat in the meal. Peanuts, too, are inexpensive and if

desired may be purchased green and roasted at home, or they may be shelled and baked in a little cottonseed- or corn-oil.

Cheese is priced according to food or flavor value. Enough dairy cheese to substitute for the meat in an entire meal can be bought for twenty-five cents, while the equivalent in flavor cheese would be enough only for a tidbit with coffee. All cheese cannot be classed as protein food, but cottage cheese and that known as "dairy," or whole milk cheese are excellent meat substitutes. Eggs are so high that they can be used in the economical menu only when helped out by a combination with less expensive, bulky food. Milk is one of the cheapest forms of protein food, even at fourteen cents a quart, or more, for it contains no waste and may be combined with bulky foods in order to make it substantial. Skimmed, evaporated and powdered milk are all valuable meat substitutes.

The legumes, or dried beans, peas and the like, contain a protein similar to that of meat, so, when any one of them is introduced, it should be in the form of a meat substitute rather than a vegetable. Dried peas and all beans except the soy bean are deficient in fat, so this should be introduced in their cookery. The soy bean contains so much fat that it is even being used as a basis for artificial milk, so neither salt pork, bacon, nor any other fat need be added.

The legumes furnish one of our most inexpensive types of protein food and if properly prepared are digestible. All of the legumes should be soaked over night in water to cover, drained in the morning, covered with boiling water, a fourth teaspoonful of baking soda added to each pound of beans and a half teaspoonful to a pound of soy beans, then parboiled for an hour, when they are ready to finish in any desired way. The soy bean needs a little more soaking, and a third more time allowed for its cookery than for the ordinary dried bean.

The foods that we may draw upon to eke out the concentrated protein are those of bulky type, such as cornmeal, cracked corn or hominy, brown and uncoated rice, potatoes, oats, barley, all the summer and winter vegetables, as cabbage, beets, carrots, parsnips, peas, turnips, sweet potatoes, pumpkin and squash, as well as the canned and dried vegetables that were conserved during the summer months.

All of these foods are inexpensive and will furnish the bulk that most protein foods lack. The majority of people seem to feel that they must have a large amount of protein food at a meal. This is neither wise nor necessary, for too much protein will cause illness as well as too much starchy food, but we all need a certain amount, as a glass of milk, one or two eggs,

a medium-sized serving of fish, a handful of nut meats, or two or three tablespoonfuls of cooked legumes, any one of which is equal in food value to a medium-sized slice of meat. If we are given this amount in the usual "helping" we feel that we are not having enough to eat because the amount looks small. But if the food is padded out with something bulky, as boiled samp with a concentrated milk Welsh rarebit, the eye will be satisfied and the stomach filled, and hunger appeased at less cost because the high-priced food will be balanced by the less expensive ballast.

Various foods which have heretofore been little used are now coming into prominence. Among these are: soy bean meal, peanut flour, dried pea flour, and cotton-seed flour. All of them are very rich in protein and may be used in the form of breads, waffles or griddle cakes and the like to eke out the protein of the meal that will not otherwise balance. Cocoanut also is a most valuable protein food and may be used in combination with many vegetables as well as in breads and desserts to heighten the muscle-making value of the meal.

CHEESE AS A MEAT SUBSTITUTE

Cheese is easily digested when properly cooked, and, as with all muscle-makers, or protein foods, the cookery should be conducted at a low temperature. A rarebit should be prepared over hot water, and a dish of escalloped cheese should be surrounded with hot water while baking, for instance, as otherwise the cheese is liable to cook too rapidly and become tough and indigestible. All cooked dairy cheese dishes should contain a few grains of baking soda to overcome the acidity.

One of the country's oldest foods is cottage cheese. Our great-grandmothers served it with whole-grain bread and butter, some fruit and a "dish" of tea for supper and achieved a balanced meal! It is very easy to make and may be used plain, or in salads or sandwiches for luncheon or supper, as a "roast," or in custard pies, or even plain custards that are to act as muscle-making desserts.

The following menus show how cheese may be used to supply the protein element of the meal.

COTTAGE CHEESE DISHES

1

Escalloped Hominy and Cheese
Lettuce and Tomato Salad Barley Bread
Butter or a Substitute
Honey Baked Apples Robin Adair
Tea (adults)

2

Chopped Onion Soup
Cottage Cheese Salad
Oatmeal Muffins Butter or a Substitute
Maple Nut Tapioca
Tea (adults)

All measurements are level

Making Cottage Cheese

The milk should be "on the turn" and thoroughly clabbered. The pan of milk should then be set in a vessel of hot water and slowly heated till the curd separates. Do not let it become too hot or the cheese will be tough. The water should be about blood heat. When the curd is entirely separated turn the mixture into a strainer lined with cheese cloth and let it drain. The whey should be saved and used for the making of fruit tapiocas and the like. The curd should be crushed, seasoned with salt and paprika and moistened with a little melted butter, or a substitute, or sweet or sour cream.

Cottage Cheese and Nut Roast

1½ cupfuls stale bread crumbs
1½ cupfuls cottage cheese
1½ cupfuls chopped nut meats
2 tablespoonfuls vegetable oil
2 small onions, minced
1½ teaspoonfuls salt
½ teaspoonful pepper

Combine the crumbs and cheese with the oil. If the cheese is not somewhat moist, add enough milk to make it stir easily. Then fry the onion in a little extra oil and add it to the cheese mixture with the remaining ingredients, form it into a roll, transfer to an oiled baking-pan, pour a little oil over the top, and, if convenient, dust with a little peanut flour. Bake about forty minutes in a hot oven at 375 degrees F., basting with a little hot water after the loaf is crusted over. Serve with white, or tomato sauce or brown nut gravy.

Cheese and Pimento Roast

1 cupful cottage cheese
4 canned pimentoes, minced
2 cupfuls cooked beans, any kind
2 teaspoonfuls salt
½ teaspoonful pepper
1 teaspoonful dry mustard
1 cupful stale whole grain bread crumbs

Combine the ingredients in the order given, and pack into a well-oiled bread-pan. Bake forty minutes in a hot oven at 375 degrees F., unmold, and serve surrounded with stewed tomatoes, creamed corn, or any other creamed vegetable.

Cottage Cheese and Dried Bean Loaf

1½ cupfuls cottage cheese
1½ cupfuls cooked crushed dried beans
¾ cupful chopped walnut meats
2 tablespoonfuls minced onions, fried
1 cupful fine dry bread crumbs
1½ teaspoonfuls salt
¼ teaspoonful pepper
Stewed tomatoes to moisten

Combine the ingredients in the order given, with this exception, add the tomato last. Pack into a well-oiled bread-pan and bake forty minutes in a hot oven at 375 degrees F. Serve with tomato gravy.

Savory Cottage Cheese

1 pound cottage cheese
½ cupful chopped chives or finely minced onion
2 minced pimentoes
1½ teaspoonfuls salt
½ teaspoonful paprika
½ teaspoonful dry mustard
Top milk, or undiluted evaporated milk to moisten

Combine the ingredients in the order given, mixing thoroughly. Use as a salad accompaniment, sandwich filling, or as a substantial relish to heighten the protein value of the meal.

Baked Tomatoes with Cottage Cheese

Prepare half of the mixture for Savory Cottage Cheese, omitting the milk. Then remove the tops from six, good-sized tomatoes, scoop out the pulp and add it to the cheese. Re-fill the tomatoes with this mix-

ture, sprinkle the tops with corn flakes and a little vegetable oil and bake for thirty minutes in a hot oven. Serve with white sauce containing chopped pimentoes.

Baked Green Peppers with Cottage Cheese

6 medium-sized green peppers
1½ cupfuls cottage cheese
2 eggs
1 teaspoonful salt
½ teaspoonful onion juice
⅛ teaspoonful paprika
Corn Flakes

If the cheese is very firm, moisten it with a little milk. Then add the eggs well-beaten and the seasonings, and thicken the mixture with the corn flakes till it can be handled. Cut the peppers in halves lengthwise, remove the seeds and cores and fill with the cheese mixture. Transfer them to a fireproof platter, pour in tomato sauce or stewed tomatoes to the depth of half an inch and bake in an oven at 375 degrees F., till the peppers are tender and the cheese is browned on the top. Serve with the sauce.

Cottage Cheese and Corn Patties

1 cupful canned corn, fresh or dried corn
2 cupfuls cottage cheese
Dry bread crumbs
Salt, pepper and paprika to taste

Put the corn in a bowl and mix it thoroughly with the cottage cheese, then work in crumbs till the mixture can be handled, sea-

son, form it into flat cakes, roll them in a little corn flour and brown on a griddle in vegetable oil. Serve with or without green pepper relish.

Cucumbers Stuffed with Cottage Cheese

Pare the cucumbers and cut them in halves cross-wise. Scoop out the pulp with a pointed spoon and fill in the cavities with cottage cheese, well-seasoned with salt, pepper and paprika. Pack it in thoroughly and then chill the cucumber, cut it in thick slices and serve as a substantial relish, or on lettuce leaves as a salad with an accompaniment of Chili Salad Dressing.

Cottage Cheese and Tomato Salad

Allow a medium-sized tomato for each person. Remove the skins and scoop out the pulp, forming cups. For six tomatoes, use for filling, a cupful of cottage cheese, mixed with two tablespoonfuls of minced green pepper, a little onion juice, salt and paprika to taste and a few nuts if desired. Pack this into the tomatoes, dust the tops with a little additional minced green pepper and serve on individual plates, garnishing the salad with lettuce leaves and pouring over French Pickled Onion Dressing.

Cottage Cheese, Almond and Tomato Salad

Follow the preceding directions for Cot-

tage Cheese and Tomato Salad, adding to the cheese filling, a third cupful of chopped, toasted almond meats. Serve with French Almond Dressing.

Cottage Cheese and Kidney Bean Salad

2 cupfuls cooked kidney beans
½ cupful French dressing
Lettuce or cress
½ cupful cottage cheese
1 small onion minced
1 teaspoonful salt
¼ teaspoonful pepper
2 tablespoonfuls cream or rich milk

Combine the cottage cheese, onion and seasonings and form into balls. While these are chilling put together the beans and French Dressing and let them stand for a few minutes in a cool place. Serve on individual plates with a garnish of salad green and the cheese balls.

Molded Cottage Cheese Salad

1 pound, or 2 cupfuls cottage cheese
1½ tablespoonfuls milk, or salad oil
1 tablespoonful finely minced parsley
Salt and paprika to taste
2 minced pimentoes
½ cupful chopped walnuts
Lettuce and Chili Salad Dressing

Blend the cheese with the various ingredients except the lettuce and dressing. Pack in individual molds rinsed with cold water, let stand to become very cold, then unmold, garnish with lettuce and serve with Chili Dressing.

Cottage Cheese with Strawberries

1½ cupfuls cottage cheese
1½ cupfuls halved strawberries
Honey to taste

A few moments before serving time, combine the cottage cheese and strawberries, mixing them lightly and adding honey to taste. Serve in a meal otherwise deficient in protein, with warm oat or corn flour muffins or biscuits.

Cottage Cheese with Figs

Stew pulled, or whole, figs so slowly that no sugar will be needed for sweetening. Chill, make an incision in each and fill with cottage cheese, moistened with a little fig juice and re-inforced with a few chopped nut meats. Chill and serve as a combined dessert and cheese course with coffee at luncheon.

Cottage Cheese Sandwiches

Any of the coarse breads may be used with cottage cheese filling, as substantial sandwiches for luncheon or supper, instead of other protein food. These may be varied as follows:

Barley bread, strawberry or raspberry jam, or crushed fresh berries, plain cottage cheese and butter, or a substitute.

Cornmeal bread, lettuce or cress dipped in French Dressing, cottage cheese seasoned

with minced chives and butter or a substitute.

Oatmeal bread, chopped cooked prunes, cottage cheese mixed with chopped nuts and butter or peanut butter.

Rye bread, cottage cheese moistened with sour cream, and highly seasoned with paprika and salt, minced chives or onion, caraway seed and butter or a substitute. The bread should be spread first with the butter, then with the cheese, and the chives and then the caraway seed should be sprinkled over. The usual second slice of bread should be omitted.

Cottage Cheese Club Sandwiches

Toast any of the coarse breads on one side of each slice, allowing two slices to a person. Spread the untoasted sides thickly with a mixture of cottage cheese, combined with half the quantity of chopped nut meats and a fourth the amount of minced, scalded, fresh, or canned green peppers and a little butter or a substitute. Put together with thin slices of tomato jelly or fresh tomatoes, and lettuce which has been dipped in French Dressing.

DAIRY CHEESE DISHES

Full milk dairy cheese is one of our most valuable meat substitutes and it should appear frequently in the meatless menu. At the present writing this type of cheese is selling for twenty-nine cents a pound. Supplemented by bulky, inexpensive foods this amount is sufficient for the preparation of the main dish for luncheon or supper for a family of six.

Odds and ends of cheese may be used to re-inforce dishes of escalloped vegetables, soups and even salads, giving them a certain amount of protein or muscle-making value. All scraps of cheese and the rinds should be exposed to the air until dry, then grated and put in a jar with a perforated top, ready for use when needed.

All measurements are level

Escalloped Cheese with Hominy or Pearled Barley

½ pound dairy cheese
3 cupfuls cooked hominy or pearled barley
½ teaspoonful soda
3 cupfuls thin white sauce

Oil a baking-dish. Put in a layer of the cereal, then one of cheese and one of the sauce mixed with the soda. Continue in this way till all is used; set the dish in a

pan of hot water and bake gently for an hour in a moderate oven.

Cheese Timbales

3 cupfuls milk, scalded
4 eggs
1 cupful grated dairy cheese
1 onion
2 teaspoonfuls salt
½ teaspoonful paprika
1 green pepper
Few grains soda

Put the onion and green pepper through the food-chopper, beat the eggs, add the vegetables, seasonings, cheese and milk and transfer to oiled custard cups. Place in a dripping pan, half surround with hot water and bake until firm in the middle in a moderate oven at 350 degrees F. Serve with coarse bread crumbs, which have been mixed with a little vegetable oil and browned in the oven.

Eggless Welsh Rarebit

1½ cupfuls diced dairy cheese
½ cupful cornstarch or potato flour
1½ teaspoonfuls salt
½ teaspoonful mustard
½ teaspoonful paprika
1 tablespoonful butter substitute
2½ cupfuls milk
Few grains soda

Combine the ingredients in the order given, scalding one and a half cupfuls of the milk and reserving the other cupful to mix with the cheese and cornstarch. Then add the scalded milk, set over hot water and cook until the cheese is melted

and the mixture is thick, stirring often. Serve with boiled samp or coarse hominy, or poured over sliced tomatoes, or on toasted, coarse bread.

Cheese and Tomato Toast

Prepare the mixture for Eggless Welsh Rarebit, using only one and one-half cupfuls of milk. When done, stir in a cupful of thick, well-stewed tomato which has been seasoned with onion, mustard, salt and pepper, and neutralized with a few grains of soda. Serve on toasted, coarse bread.

Wheatless Noodles with Cheese Sauce

1 egg
¾ cupful barley flour
½ cupful cornstarch
¼ teaspoonful salt

Break the egg into a bowl and add to it an egg-shell full of water. Stir in the other ingredients, working it to a thick paste. Roll out to a sheet of pasteboard thickness, and let stand till almost dry. Then roll as jelly roll and cut in thin strips. Cook as any noodles and serve with cheese sauce, or in soup, or tomato, or white sauce.

Fried Rice and Cheese

1½ cupfuls cubed dairy cheese
2½ cupfuls boiled brown rice
2 minced pimentoes
4 minced onions
Vegetable oil
Salt and pepper to taste
Few grains soda

Combine the ingredients in the order given, mixing them thoroughly. Heat two tablespoonfuls of vegetable oil in a frying-pan, press in the cheese mixture and cook slowly for about ten minutes, then brown quickly, fold as an omelet and serve with tomato sauce, or heated canned tomato soup, only slightly diluted. Hominy may be substituted for the rice.

Baked Cheese with Bread Crumbs

2 cupfuls coarsely chopped dairy cheese
2½ cupfuls coarse bread crumbs
¼ cupful butter substitute
Few grains soda
⅛ teaspoonful mustard
1 teaspoonful salt
¼ teaspoonful paprika
Milk to moisten

Oil a baking-dish thoroughly. Fry the crumbs in the butter substitute and slice the cheese thin. Place the crumbs and cheese in alternate layers in a baking-dish. Add the soda and seasonings to a cupful of milk, and pour this over the cheese mixture, then add more milk until the dish is barely moistened. Bake from thirty to thirty-five minutes in an oven at 375 degrees F., setting the dish in a pan of hot water; then remove from the water and brown.

Tomato Cheese Soup with Eggs

1 cupful finely cubed dairy cheese
1 quart canned tomatoes
1 pint milk
3 eggs, slightly beaten
1 teaspoonful salt
¼ teaspoonful pepper
½ teaspoonful mustard
½ teaspoonful soda

Stew the tomatoes for twenty minutes with the salt, pepper and mustard. Scald the milk and pour it into the eggs which should be slightly beaten. Add the soda and cheese to the tomatoes and stir until the cheese is melted. Then combine the two mixtures, stirring constantly until boiling-point has been almost reached. Season with paprika and serve at once.

Grated Cheese, Pineapple and Green Pepper Salad

6 rounds canned pineapple
1 cupful grated dairy cheese
½ cupful minced green peppers, or pimentoes
Lettuce
French dressing

Arrange the pineapple slices individually on beds of lettuce leaves, heap them with the dairy cheese and garnish about the edge of the slices with green peppers. Pass French Dressing.

Savory Dairy Cheese Salad

½ pound grated dairy cheese
1 hard-cooked egg
1½ tablespoonfuls salad oil
½ teaspoonful paprika
1 teaspoonful salt
1 teaspoonful prepared mustard
1 teaspoonful corn syrup
1 tablespoonful onion vinegar
Watercress

Mash the egg-yolk and beat into it the oil and seasonings. Then stir in the cheese, working it well together, and add the vine-

gar. If onion vinegar is not at hand, use plain vinegar and a half tablespoonful of scraped onion. Form into balls, chill and serve wreathed with the cress, and sprinkled with the chopped egg-white. Or if desired the balls may be piled upon dressed, sliced tomatoes before the cress garnish is added.

EGGS AS A MEAT SUBSTITUTE

Although eggs are an excellent meat substitute, the man of the house is liable to feel that he has "had nothing," for luncheon or dinner, or even supper, if he is served eggs in place of meat. This is because, like cheese, they are a concentrated food and a certain amount of bulk is needed to augment them. Again, eggs are a rather expensive article of food for the average family, so in order to serve them often, in most households they must necessarily be eked out with other foods less expensive and fairly bulky.

The coarse cereals, various vegetables and certain fruits, as well as fish, may be used to good advantage with eggs. Milk and cheese may also supplement them.

It is not our purpose in this book, because of lack of space, to give recipes for well-known dishes. So in this section on eggs, we are taking it for granted that the housewife knows how to make omelets, scrambled, shirred or poached eggs and the like. Rather we have tried to give suggestions in place of a large number of specific recipes.

The following menus show how eggs

may be used to supply the protein food of the meal.

1

Tomato Bouillon, optional
Poached Eggs in Nests of Rice
Corn Pone with Butter or a Substitute
Peaches Top Milk
Tea (adults)

2

Oyster Bouillon, Hot or Cold
Radish, Egg and Potato Salad
Eggless Mayonnaise
Buckwheat Biscuits Butter or a Substitute
Pineapple with Honey Lemon Jelly
Tea (adults)

MAKING PLAIN OMELETS "GO FARTHER"

Serve a pint of any creamed vegetable in the fold and about the omelet. Or substitute equal parts of boiled brown rice and oysters, or other fish, in white sauce.

Add one-fourth pound of grated cheese to four eggs and make as a plain omelet. Or serve the omelet with tomatoes and green peppers fried together.

All measurements are level

Cereal Omelet

1 cupful left-over cooked cereal
½ cupful milk
1½ teaspoonfuls salt
⅛ teaspoonful pepper
4 eggs
2 tablespoonfuls vegetable oil

Mix the milk and seasonings with the cereal, stirring out all the lumps, then sepa-

rate the eggs, beat the whites till stiff and the yolks till lemon-colored and add the yolks to the cereal mixture. Fold in the whites and pour into a frying pan in which the oil has been heated. Cook as any omelet.

Bread Crumb Omelet

Substitute stale bread crumbs (not dry) for the cereal in the preceding recipe and proceed as directed.

Pimento and Cheese Omelet

5 eggs
5 tablespoonfuls hot water
1½ teaspoonfuls salt
¼ teasponful pepper
½ cupful cheese sliced thin
2 minced pimentoes
2 tablespoonfuls vegetable oil

Beat the eggs till very light, then add the water and seasonings and cook as any omelet in the oil. When brown on the bottom, spread the cheese and pimentoes over the top and place in the oven and cook till the cheese is soft and the whole is firm. Then fold over as usual. Creamed potatoes are a particularly good accompaniment.

Cabbage Omelet

3 eggs
3½ cupfuls cooked "Ten-minute Cabbage"
½ tablespoonful rye flour
½ cupful milk
1 tablespoonful vegetable oil
Salt and pepper to taste

Combine the cabbage, flour and milk and stir in the eggs well-beaten. Season to taste and fry as usual in the vegetable oil.

Onion and Green Pepper Omelet

Follow the proportions given for Cabbage Omelet, substituting two cupfuls of chopped, cooked onion and a minced green pepper for the cabbage.

Salmon Omelet

2 eggs well-beaten
1 cupful cooked, brown rice
½ cupful minced salmon
2 tablespoonfuls minced onion, optional
2 tablespoonfuls minced green pepper, optional
2 tablespoonfuls vegetable oil

Cook the vegetables in the oil till tender. Then combine the remaining ingredients, stirring them well and season the mixture to taste. Add the cooked vegetables and pack the mixture into a frying-pan. Cook till crisp and brown; fold over and serve.

Corn Omelet

2 cupfuls corn, scraped from the cob
1 minced green pepper
3 eggs
1 teaspoonful salt
⅛ teaspoonful pepper
2 tablespoonfuls vegetable oil

Cook the corn and green pepper in the oil till slightly yellowed. Then pour in the eggs very well beaten and season with the salt and pepper. Cook gently till browned

on the bottom, set in the oven for a moment to firm the top if necessary, fold over and serve.

MAKING POACHED EGGS "GO FARTHER"

Plain poached eggs, while nutritious and easily digested, are not especially substantial. However, if they are re-inforced by a white sauce which can be poured over the toast, with well-seasoned, stewed tomatoes, a plain cheese sauce, creamed spinach, or some other inexpensive, bulky food, they will really satisfy a genuine appetite. Oftentimes the eggs may be actually poached in the sauce which is to accompany them. If this is not done and they are cooked in water, the process should be carried on in oiled molds or rings to avoid waste. Even round baking powder-can tops may be used for th' purpose.

Poached Eggs with Rice and Cheese

3 cupfuls boiled brown rice
6 eggs
1½ cupfuls grated dairy cheese
Butter
Salt and paprika

Form the rice into nests on a fireproof platter. Poach the eggs in milk and place an egg in the indentation of each nest. Dust with salt and paprika, sprinkle over the cheese and pour the milk gently into the platter. Set in the oven for a moment to

brown the cheese if convenient. Hominy may be used instead of rice.

Poached Eggs with Mashed Potatoes

4 cupfuls mashed potato
6 eggs
Butter
Salt and pepper
1 cupful grated dairy cheese

Combine the cheese and potato, beat well and form into nests, place a poached egg in each, dust with salt and pepper and dot with butter, and if convenient place in a hot oven to brown for a moment.

Poached Eggs with Creamed Onions

Prepare creamed onions, chopping the latter coarsely and making the sauce thick. Pour over toasted bread, and place a poached egg for each person, on the toast.

MAKING SCRAMBLED EGGS "GO FARTHER"

As usually prepared, scrambled eggs are rather expensive, as one egg is hardly enough per person. But if combined with a cupful of creamed rice, a cupful of left-over Eggless Welsh Rarebit, a cupful of any creamed vegetable, or left-over creamed fish or oysters, four eggs will go as far as six and the dish will take on the characteristics of luncheon or supper, rather than breakfast.

Scrambled Eggs with Egg-plant

4 eggs
1½ cupfuls pared, diced egg-plant
Corn flour
1½ teaspoonfuls salt
⅛ teaspoonful pepper
Vegetable oil

Season the egg-plant with salt and pepper and roll it in the corn flour. Fry gently till light brown in enough vegetable oil to keep it from sticking. Then strain out any particles of corn flour that may have become over-brown in the oil and wipe out the frying-pan with a bit of paper. Return the egg-plant and oil to it, add the eggs which should be well-beaten with the seasonings, and scramble as usual.

Scrambled Eggs with Cucumbers

Substitute diced cucumbers for the egg-plant in the preceding recipe and proceed as directed.

Scrambled Eggs with Savory Rice

2 cupfuls boiled brown rice
2 tablespoonfuls minced green pepper
¼ cupful sliced onion
4 eggs
2½ teaspoonfuls vegetable oil
Salt and pepper

Cook the onions and green pepper gently in the oil till tender, then add the rice and cook it till light brown. Season to taste and pour in the eggs which should be well-beaten. Scramble as usual.

WAYS TO USE HARD-COOKED EGGS

Hard-cooked eggs may be used as a supplement to many dishes otherwise deficient in protein value, as escallops, creamed vegetables, vegetable short cakes and the like, or they may be used in various salads of green foods.

Creamed Eggs with Samp

4 hard-cooked eggs
2 minced green peppers, or pimentoes
2 tablespoonfuls vegetable oil
1 tablespoonful barley flour
1 tablespoonful cornstarch
1½ cupfuls whole milk
3 cupfuls samp, or coarse hominy
1 teaspoonful salt
⅛ teaspoonful pepper

Cook the green pepper in the vegetable oil till tender, then stir in the barley flour and cornstarch, add the seasonings and gradually the milk. When this boils, stir in the eggs, coarsely chopped, and serve as a sauce over the samp which should be well-seasoned. Hulled corn which has been heated in a little butter substitute may replace the samp.

VEGETABLE SALADS, SUBSTANTIALIZED WITH HARD-COOKED EGGS

Corn and Egg Salad

2 cupfuls cooked corn, from the cob
3 coarsely-chopped hard-cooked eggs
1 minced pimento, optional
Lettuce or cress
French Dressing

Combine the corn, egg and pimento with French Dressing to moisten. Chill and serve in nests of lettuce or cress.

Beet and Egg Salad

2½ cupfuls diced, cooked beets
2 medium-sized onions, ground
1 small head lettuce, shredded
3 hard-cooked eggs, chopped
Boiled Salad Dressing

Have all the ingredients cold. Combine in the order given, moisten with the dressing and serve at once.

Radish, Egg and Potato Salad

½ cupful sliced radishes
3 cupfuls finely diced potatoes
3 hard-cooked eggs, chopped
Eggless Mayonnaise
Romaine or lettuce

Combine the radishes, potatoes and eggs with mayonnaise to moisten. Let chill for half an hour and serve on the salad green.

MILK AS A MEAT SUBSTITUTE

Of all the animal foods, milk demands the least grain for its production, particularly during the spring and summer months when the cattle graze. So when we use milk and cheese, or one of its derivatives in place of meat, we are actually saving grain, and at the same time purchasing an inexpensive protein food. Besides, the cookery of the dairy products demands little heat, so a fuel-saving is also effected.

It is not enough to put the food requisites into the meal; sufficient bulk must be there to satisfy hungry appetites. So, in substituting milk for meat, first of all, remember that it is a concentrated food as well as a liquid, and that it has practically no bulk at all. The old-fashioned luncheon of bread and milk with a little fruit is as good to-day as it was years ago, if the bread is coarse, made of the whole grain. It contains every element suited to growth and sustenance. But if the milk is served without plenty of coarse bread, the meal will not satisfy the average person, who feels that "real food is something you have to chew."

It is not necessary to introduce milk as

the main dish of the meal in order to use it as the protein element which corresponds to meat. It may be in the form of a soup or milk chowder, to be served as the first course, while the pièce de resistance may be a vegetable dish. Or it may even be introduced in the form of dessert, as custards, plain floating island, bread pudding, cereal pudding, old-fashioned junket, cornstarch pudding, or sea moss blanc mange, frozen custard and all ice creams, as junket ice cream, fruit creams and the like. In preparing these, substitute cornstarch, or rice or potato flour for the wheat flour often demanded by the usual recipe. As a general rule the amount of sugar in the home recipe may be reduced a third, or a sugar substitute used.

When milk is to replace meat in the menu, whole milk should be used if possible. If it is necessary to use skimmed milk an extra tablespoonful of fat per pint should be introduced. Skimmed milk is now legally on sale in many of our large cities and it may be substituted at much less cost for the milk generally used in cooking. It contains practically all but the fat of the milk. Powdered or evaporated milk may also be used.

The following menus show how milk may be used to supply the protein, or muscle-making element of the meal.

1

Cream of Spinach Soup
Corn Muffins Butter or a Substitute
Pineapple and Strawberry Salad Honey Dressing
Tea (adults)

2

Clam Bouillon
Asparagus Escalloped with Milk and Samp
Oatmeal Bread and Butter or a substitute
Lettuce and Radish Salad French Dressing
Honey Snow Pudding
Tea (adults)

When milk is used in cream soups, in creaming or escalloping vegetables, or in creaming odds and ends of fish, it should be in the form of white sauce. Nearly every familiar food must now be adapted to wartime methods of preparation, and white sauce is no exception.

All measurements are level

White Sauce

Combine two tablespoonfuls of vegetable cooking oil or butter substitute with one and one-half tablespoonfuls of cornstarch, potato-or-rice flour, or two tablespoonfuls of barley-or-rye-flour. Add one-half teaspoonful of salt and an eighth teaspoonful of pepper, and gradually stir in a pint of milk, taking care to avoid lumping. Bring to boiling-point and, if to be used in creaming vegetables or fish, cook over hot water with the food in it for the last ten minutes; or, if to be combined in a soup or escallop,

the sauce may be added at once, the remaining cookery being finished in the dish itself. Milk may often be used in the form of well-made white sauce as gravy to supplement a scanty supply of canned, or cooked, fresh, or dried vegetables.

GENERAL DIRECTIONS FOR MAKING CREAM SOUP WITH COOKED VEGETABLES

In cooking the dinner vegetable, plan to have one or two cupfuls left over that may be used as a basis for a cream soup, as asparagus, onions, spinach, carrots, pumpkin, peas and the like.

Ingredients

1 to 2 cupfuls cooked vegetable
2 cupfuls water, vegetable water, potato or rice water or meatless stock
2 sprigs parsley, optional
2 sliced onions
3 cupfuls white sauce
Salt and pepper to taste

Cook the vegetables, after chopping them fine, in the liquid for twenty minutes together with the parsley and onion, which should be minced. Then add the sauce, season to taste, bring to boiling-point and serve. Do not strain the soup as the vegetable will give added bulk to the meal.

ESCALLOPED VEGETABLE DISHES WITH MILK FOUNDATION

These may be made of canned, fresh, or

dried, cooked vegetables in combination with samp, boiled rice, hominy, or corn-meal mush, white sauce and suitable seasonings. In general, use two cupfuls of the cooked vegetable, a cupful of the cereal, two cupfuls of well-seasoned white sauce, and cover the top with one cupful of ground dry bread crumbs, mixed with one and one-half tablespoonfuls of butter substitute. Grated cheese, or sliced, hard-cooked eggs may be added to these escallops if desired.

Suitable combinations for escallops are:

Cooked asparagus, brown rice, white sauce and minced pimentoes.

Cooked carrots, samp, white sauce, with a seasoning of celery salt.

Cooked onions, hominy, white sauce and cheese with a high seasoning of paprika.

Cooked new cabbage, bread crumbs, white sauce and grated cheese.

Cream of Celery Soup with Rice

3 cupfuls chopped celery leaves
3 cupfuls water
½ cupful brown rice
2½ cupfuls milk
2 tablespoonfuls butter substitute
2 tablespoonfuls barley or rye flour
1½ teaspoonfuls salt
⅛ teaspoonful pepper

Cook the celery leaves in the water for half an hour. Then drain off the water, add the rice and seasonings to it and cook till the rice is done. Then stir in the milk and thicken the soup with the butter substitute blended with the flour.

Lettuce Soup with Potato Water

3 cupfuls outer lettuce leaves
1 onion
2 outer stalks celery
3 cupfuls water in which potatoes have been cooked
1 pint white sauce

Put the lettuce leaves, onion and celery through the food chopper. Then cook them together in the potato water till the onion is soft. Sift, combine with the white sauce and serve with or without grated cheese.

Chopped Onion Soup

2½ cupfuls onions, coarsely chopped
1 stalk celery, minced, optional
2½ cupfuls water
⅛ teaspoonful pepper
1½ teaspoonfuls salt
2½ cupfuls milk
2 tablespoonfuls barley or rye flour
2 tablespoonfuls butter substitute

Boil the onions with the water and seasonings until they are soft, about forty minutes. Then add the milk and thicken with the flour and butter substitute blended. Water left from the boiling of rice, macaroni, potato, or any vegetable may be substituted for the plain water designated. It is not necessary to strain this soup.

Cream of Carrot and Pea Soup

1½ cupfuls carrots, ground
1 small onion, ground
1 quart milk
1 teaspoonful salt
⅛ teaspoonful pepper
Few grains mace
1½ tablespoonfuls rye or barley flour
1½ tablespoonfuls butter substitute
1 cupful left-over cooked peas

Cook the carrots, onion, milk and seasonings in a double-boiler about forty-five minutes. Thicken with the flour and butter substitute blended. Add the peas, let stand ten minutes and serve.

Vegetable Cream Soup

4 cupfuls white meatless stock
½ teaspoonful brown corn-syrup
1 tablespoonful brown rice, or pearled barley
½ cupful stewed tomato
1 small onion, minced
1 small potato, minced
1 carrot, minced
½ cupful minced celery
1½ tablespoonfuls barley, rice or potato flour
1 tablespoonful butter substitute
1½ cupfuls milk
Few grains soda
Salt and pepper to taste

Add the minced vegetables to the soup-stock, rice and syrup. Boil until tender. Add the soda and season to taste with salt and pepper. Thicken with the flour blended with the butter substitute and add the milk which should be scalded.

Pea Pod Soup

Pods from 2 quarts of peas
5 cupfuls boiling water
½ onion, sliced
½ tablespoonful white corn-syrup
2 tablespoonfuls corn-starch, potato or rice flour
2 tablespoonfuls butter substitute
1 teaspoonful salt
⅛ teaspoonful pepper
2½ cupfuls milk
½ cupful light cream or undiluted evaporated milk

Cut the pods coarsely and add them to

the boiling water with the onion, cooking them gently for two hours, then strain. To the liquor, which should be three cupfuls, add the milk and seasonings. When this boils thicken with the flour, blended with the butter substitute. A few left-over carrots, diced, cooked celery or cooked rice may be added to this soup.

Corn and Bean Chowder

1 cupful fresh, canned or stewed dried corn
1 cupful cooked kidney beans
½ cupful oatmeal
4 cupfuls water
3 teaspoonfuls salt
2 tablespoonfuls minced green pepper, optional
2 cupfuls milk
1 onion, minced
1 teaspoonful celery salt

Combine the water, onion, green pepper, corn and oatmeal with the seasonings, and boil gently till the oatmeal is soft, about twenty minutes. Then add the kidney beans. Boil a few moments longer, turn in the milk and re-heat.

Mushroom Cream Chowder

½ pound fresh or canned mushrooms
1 quart boiling water
3 cupfuls milk
1 tablespoonful minced parsley
1½ cupfuls coarsely chopped celery
½ cupful brown rice
Salt, pepper and nutmeg to taste

Clean the mushrooms if fresh ones are chosen. In any case chop them rather coarsely, then add with the celery and rice

to the water and boil for half an hour, or until the rice and celery are tender. Then add the milk, re-heat, season to taste, add the parsley, and, if desired, thicken with rice flour mixed with a little butter substitute. Serve with the vegetables in the chowder.

NUTS AS A MEAT SUBSTITUTE

Nuts, in combination with vegetables, cereals, and sometimes cheese, may be made into excellent meat substitutes. Walnuts, hickory-nuts and English walnuts may be used interchangeably, but the amount of fat should be reduced when black walnuts are used, as they are particularly rich in this respect. If nuts are to appear often, it pays to buy the meats in fairly large quantities, if they can be stored in a dry, cool place, but if they are to be kept longer than a month, they should be purchased in the shell, or in small amounts that may be used up quickly.

Almonds and pecans are good meat substitutes, but they are over-expensive, unless procured in the section in which they are grown. Butternuts are especially rich in fat, and if they are used, no other fat except butter, or a substitute should appear in the meal. Our own American chestnut may also be used as a food instead of a luxury or an accessory. Like the French chestnut, however, it is as much a starch food as a protein. In France and Italy chestnut flour is a common article of diet.

Peanuts are the cheapest form of nut protein, especially if purchased in large quantities and roasted at home in a slow oven. If to be used particularly as a meat substitute, a very much better flavor will be produced if they are treated as follows: Shell the peanuts, scald them with boiling water, remove the hulls and dry over night on paper. Then roast gently in large dripping-pans, containing two or three tablespoonfuls of vegetable oil each, stirring them occasionally. A very little salt should be sprinkled over the nuts, but not so much as for salted peanuts. If prepared in this way the peanut meat substitute will have a very appetising flavor. Betters results are also gained if walnuts, almonds, etc., are treated in the same way.

USING PEANUT BUTTER

Peanut butter is really one of our best conservation foods. At first thought it may seem a trifle expensive, but when properly used as a butter and meat substitute in the balanced meal its use becomes a real economy, both from the patriotic standpoint and that of the pocket-book. When peanut butter is served in the meal, the use of other butter, or a substitute can be practically eliminated. If it is used in making soup, or peanut loaf, meat can be omitted.

Some mothers feel that peanut butter is too "heavy" to give to their children be-

cause it is a highly concentrated food, but if it is combined with some bulky food, like war bread, lettuce, fruit, or celery, this objection will be overcome and the child will not over-eat of it.

The following menus show how nuts may be used to supply the protein element of the meal.

1

Imitation Veal Loaf
Creamed Potatoes. Fresh or Canned Spinach
Cornmeal Bread Butter or a Substitute
Cucumber and Cress Salad
Honey Indian Pudding Top Milk
Tea or Coffee (adults)

2

Nut and Corn Loaf Tomato Sauce
Baked Potatoes Fresh or Canned Peas
Warm Hominy Muffins Butter or a Substitute
Rice Cooked in Grape Juice
Tea or Coffee (adults)

All measurements are level

Peanut Sausage

- 1½ cupfuls ground peanuts
- 1½ cupfuls cooked beans, any kind
- 1½ cupfuls cooked dried peas
- 1½ cupfuls stale bread crumbs
- ½ teaspoonful pepper
- 1½ teaspoonfuls salt
- 1½ teaspoonfuls sage
- 3 tablespoonfuls ground onion
- ¾ cupful milk

Combine the ingredients in the order given: let them stand a few minutes, shape

into flat cakes and brown in vegetable oil. Serve with or without Brown Nut Gravy.

Peanut and Sweet Potato Omelet

1½ cupfuls chopped peanuts
3 cupfuls mashed sweet potato
2 tablespoonfuls peanut butter
1½ teaspoonfuls salt

Combine the ingredients in the order given, beating well. Press into a thin sheet in a frying-pan in which two tablespoonfuls of vegetable oil have been heated. Cook like an omelet, till brown on the bottom; then fold over and serve. Creamed green peppers are a good accompaniment.

Peanut and Potato Hash

1½ cupfuls chopped peanuts
1 quart chopped cooked potatoes
1½ teaspoonfuls salt
¼ teaspoonful paprika
½ cupful milk
3 tablespoonfuls vegetable oil

Warm the vegetable oil in a frying-pan. In the meantime combine the other ingredients, pack them into the frying-pan and cook gently on the top of the stove, or in the oven until browned on the bottom. It should take about half an hour. Then fold over, slip on to a platter and serve with white sauce.

Meatless Loaf

1½ cupfuls ground peanuts
1½ cupfuls drained canned tomato

1½ cupfuls ground dry bread crumbs
1½ cupfuls boiled brown rice
1½ cupfuls ground raw carrots
3 teaspoonfuls salt
2 teaspoonfuls celery salt
1½ teaspoonfuls mustard
⅛ teaspoonful pepper

Combine the ingredients in the order given, forming them into a loaf. Place in an oiled baking-pan and bake forty minutes in an oven at 375 degrees F. Serve with, or without, Brown Nut Gravy.

Peanut Butter Loaf

1 cupful peanut butter
2½ cupfuls brown rice
2½ cupfuls soft bread crumbs
1½ cupfuls milk
2 teaspoonfuls salt
¼ teaspoonful pepper
2 teaspoonfuls poultry seasoning
1 medium-sized onion, ground
1 tablespoonful minced parsley

Combine the ingredients in the order given, let stand a few moments and pack into a well-oiled bread-pan. Bake forty minutes in an oven at 375 degrees F. and serve with tomato sauce.

Nut and Samp Loaf

1½ cupfuls chopped nuts, any kind
3 cupfuls cooked samp or coarse hominy
1½ teaspoonfuls salt
½ cupful dry bread crumbs
1 egg
1 teaspoonful sage
¼ teaspoonful pepper

Combine the ingredients in the order

given and form into a loaf. Place in a well-oiled pan and bake forty minutes in an oven at 375 degrees F. Serve with Brown Nut Gravy, or tomato, or white sauce.

Imitation Veal Loaf

2 cupfuls ground mixed nuts
2¾ cupfuls bread crumbs
1 cupful milk
1 cupful tomato juice
2 eggs
1½ teaspoonfuls sage
1 tablespoonful ground onion
1¾ teaspoonfuls salt
⅛ teaspoonful pepper

Combine the ingredients in the order given and let stand for half an hour. Then shape into a loaf, place in a well-oiled pan and bake forty minutes in an oven at 375 degrees F.

Nut Steak

1½ cupfuls walnut meats, coarsely chopped
¾ teaspoonful salt
1 egg
¼ cupful milk
3 cupfuls soft bread crumbs
1 teaspoonful celery salt
3 tablespoonfuls water

Roast the walnuts in the oven, then combine the ingredients in the order given and let stand twenty minutes. Pat into a sheet half an inch thick, then brown gently in vegetable oil on either side. Serve with Brown Nut Gravy.

Nut and Corn Loaf

1 cupful chopped walnuts or peanuts
1 cupful canned corn, or left-over creamed or stewed dried corn
1 cupful milk
2 eggs, beaten
1½ teaspoonfuls salt
⅛ teaspoonful pepper
One or two hard-cooked eggs

Combine the ingredients in the order given and transfer to a well-oiled pudding-dish. Bake gently till firm in the middle, let stand a few moments and unmold. Serve with a garnish of hard-cooked eggs and with white, or tomato, sauce.

Nut and Rice Cakes

1 cupful chopped nuts, any kind
2 cupfuls cooked brown rice
1 teaspoonful onion juice
1 tablespoonful minced parsley, optional
Salt and pepper to taste

Combine the ingredients in the order given, form into flat cakes, dip in corn flour, and brown in vegetable oil. Serve with Peanut Cream Sauce.

Nuts and Pearled Barley

1½ cupfuls pearled barley
1½ cupfuls seeded raisins
1 cupful pecan or walnut meats
¼ cupful butter or a good margarine
3 tablespoonfuls chopped candied, or preserved ginger

Boil the barley in salted water till almost done. Then combine the nuts, raisins and ginger with the butter substitute and cook them together until the raisins are somewhat swollen. Put the two mixtures together in a baking-dish, cover and bake gently for a half hour. Serve with butter or top milk.

Green Peppers Stuffed with Nuts

6 medium-sized green peppers
1½ cupfuls cooked hominy
½ cupful chopped nut meats, any kind
1 tablespoonful peanut butter
1 cupful Brown Nut "Platter" Gravy

Parboil the peppers, then cut them in halves lengthwise and remove the seeds and cores. Combine the hominy, peanut butter and the nut-meats, saving out three tablespoonfuls. If the mixture is not sufficiently moist, add a little milk or chili sauce, and if the flavor is liked, stir in a minced onion. Fill the pepper halves with this mixture, place on a fireproof platter, set in a moderate oven and after five minutes, baste with the "platter gravy." Do this occasionally during the baking which will take about thirty minutes. For serving, sprinkle with the reserved nut meats.

Creamed Chestnuts

1 quart chestnuts
2 tablespoonfuls minced onion
2 tablespoonfuls minced green pepper
2 cupfuls white sauce
1 tablespoonful butter or margarine

Boil the chestnuts for twenty minutes in the shells, then remove them with the inner skins. Cook the pepper and onion a few moments in the butter, then add the chestnuts. After another moment or two put in the white sauce which should be very well-seasoned, and serve the whole in a border of mashed potatoes, boiled brown rice, or boiled samp.

Chestnuts in Brown Gravy

Follow the recipe for Creamed Chestnuts substituting Brown Nut Gravy for the cream sauce. Serve if desired in a border of mashed sweet potato very well seasoned.

Nut and Bread Balls

1½ cupfuls coarsely chopped walnut meats, roasted
1½ cupfuls dry bread crumbs
1¾ cupfuls milk
1 teaspoonful salt
½ teaspoonful paprika
1 egg
½ cupful celery, minced

Combine the ingredients in the order given and let stand for twenty minutes. Then make them into balls, roll in extra dry crumbs, dip in an egg beaten and diluted with a half cupful of milk or water, roll again in crumbs and fry in deep vegetable fat, hot enough to brown a bit of bread in forty seconds. Or instead of frying them in deep fat, bake in the oven. In this case, mix the second coating of bread crumbs

with vegetable oil using two tablespoonfuls to a cupful of crumbs, roll the balls in it and bake them in a quick oven.

Nut Cutlets

- 1½ cupfuls chopped, roasted nuts, any kind
- 2 cupfuls cooked, sifted winter squash
- ½ cupful fine dry bread crumbs
- 1 tablespoonful hot milk
- 2 tablespoonfuls peanut butter
- 1 egg
- 1 teaspoonful salt

The squash should be well-seasoned. Combine the ingredients in the order given and let stand a half hour. If the mixture is too soft add more crumbs. Shape into cutlets, dip them in milk and then in equal parts of fine dry bread crumbs and ground nut meats. Fry in deep vegetable fat hot enough to brown a bit of bread in forty counts, or bake in a very hot oven till brown. Serve with Brown Nut Gravy, or Green Pepper Cream Sauce.

Nut and Banana Balls

- ¾ cupful chopped walnut meats
- 1½ cupfuls dry bread crumbs
- 1½ cupfuls ripe mashed bananas
- ¾ teaspoonful salt
- ¾ cupful chopped raisins
- ¾ cupful water

Combine the ingredients in the order given and let them stand for fifteen minutes. Then shape by small teaspoonfuls

into balls, egg and crumb them as for croquettes, and fry in deep vegetable fat, hot enough to brown a bit of bread in forty counts, or shape into small flat cakes, dip in fine dry crumbs and brown on a griddle. Serve in a meal otherwise deficient in protein, as an accompaniment to a salad of dressed lettuce and pineapple, or lettuce and celery, or as a dessert course with a lemon or orange sauce flavored with jelly or honey.

Braised Chestnuts with Celery

3 cupfuls chestnuts
3 cupfuls diced celery
2 tablespoonfuls vegetable oil
Meatless Stock

Boil the chestnuts for fifteen minutes, then remove the shells and inner skins. Brown the chestnuts and celery together in the vegetable oil, then add meatless stock to barely cover and simmer till the celery is tender. Serve with boiled brown rice, boiled samp, or buttered lye hominy.

RE-INFORCING SALADS WITH NUTS

Nuts may be added either to vegetable or fruit salads, but if this is done they should be treated as part of the protein of the meal, as otherwise their introduction is superfluous both from the standpoint of economy and dietetics. When they are used, a French-or-boiled dressing should be served with the salad rather than mayon-

naise, because of the amount of fat present in the nuts. It is almost safe to say that nuts of pronounced flavor, as peanuts and walnuts, may be introduced into potato and other vegetable salads, while nuts of daintier taste, as pecans and almonds, are better suited to fruit salads. Boiled and chilled chestnuts may be used very happily with any plain green salad, with celery, cooked Brussels sprouts, yellow tomatoes, sliced oranges, or cooked raisins, or a combination of apples and celery.

Peanut and Cabbage Salad

1 cupful chopped peanuts
3 cupfuls shredded cabbage
French Dressing
Eggless mayonnaise
Lettuce or cress

Combine the cabbage with three tablespoonfuls of French Dressing. Stir in the peanuts, arrange in a bowl lined with lettuce and garnish the top with mayonnaise which has been lightly sprinkled with a few whole peanuts.

Walnut, Cottage Cheese and Date Salad

¾ cupful chopped walnut meats
1½ cupfuls cottage cheese
Salt and paprika to taste
Cream or top milk to moisten
Halved, stoned dates
Lettuce
French Dressing made with lemon juice

Combine the nuts and cottage cheese,

season to taste with salt and paprika and moisten with the cream so that it can be handled. Pack into little molds, or after-dinner coffee cups which have been sparingly rubbed with salad oil and let stand till very cold. Unmold on the lettuce, garnish with dates and serve French dressing.

Sweet Potato and Peanut Salad

1 cupful coarsely chopped peanuts
2½ cupfuls diced, cooked sweet potato
1 cupful diced celery
2 tablespoonfuls peanut butter
½ cupful French Dressing
Lettuce
½ cupful chopped raisins

Blend the dressing with the peanut butter and add half to the potato; let stand thirty minutes in a cold place and then add the peanuts and celery. In the meantime soak the raisins in the remaining French Dressing; stir this mixture into the potato, arrange in a bowl lined with the lettuce and serve.

THE LEGUMES AS MEAT SUBSTITUTES

When one thinks of using the legumes, the first dish that suggests itself is liable to be baked beans! But as we are being asked to save pork, along with the other meats, the question arises, "What shall we use for seasoning?" A little sage, or mixed poultry seasoning, together with a half cupful of home-rendered beef fat, or corn-or-cottonseed oil to a pound of beans will make the dish appetising and solve the problem. Soy beans need no fat for seasoning.

The Government is asking us especially to use freely pinto and soy beans. Generally speaking all beans may be used interchangeably, if proper care is taken to soak them, and boil them up with soda. Pinto beans cook more quickly than any other kind; soy beans take longer. Cow peas, a variety of bean, are grown in about twenty species in this country, but of them the black-eyed bean is about the best known. They are all adaptable in many ways and are inexpensive. Lentils, although a meat substitute, are not a practical food at this time because of the restrictions on shipping.

To many, the problem of nutritious meatless soup stocks has been very difficult to solve. But if the dried bean, such as the pinto, or kidney bean, is used as a basis for brown stock, and pea beans or limas are used for white stock, this problem is easily solved. Such stock may also be used in the making of gravies and escallops; anywhere in fact that plain meat-stock may be used.

The following menus show how legumes may be introduced into the meal to supply the protein element.

1

Vegetable Soup
Meatless Chili Con Carne Boiled Brown Rice
Dressed Lettuce
Sweet Milk Corn Bread Butter or a Substitute
Maple Apple Pie
Coffee or Tea (adults)

2

Honey Bean Pot
Steamed Cornmeal Bread Butter or a Substitute
Tomato Celery and Lettuce Salad
Caramel Tapioca Top Milk
Coffee or Tea (adults)

All measurements are level

Brown Meatless Soup Stock

1 cupful pinto, or kidney beans	½ teaspoonful celery seed

1 large onion, sliced
2 whole potatoes
1 sprig parsley
1 bay leaf
1 teaspoonful pickle spice
3 teaspoonfuls salt
6 cupfuls boiling water

Wash the beans thoroughly and place them in a sauce-pan with the potato, onion, parsley, salt and the spices tied in a bit of cheese-cloth. Add the water and boil very gently for an hour and a half without stirring lest the stock be made cloudy. Then strain without mashing the vegetables. Use the stock in any recipe calling for Brown Meat-Stock, cook the beans a little longer and use them as a basis for a vegetable escallop, or bean hash.

White Meatless Stock

Substitute lima beans for the beans in the preceding recipe and proceed as directed.

Honey Bean Pot

1 pint pea, or pinto beans
2 sliced onions
¼ cupful vegetable oil
2 teaspoonfuls salt
½ teaspoonful pepper
¼ cupful honey
4 sliced apples

Soak the beans over night, drain and rinse, add a pinch of baking soda and boil in water to cover until the skins are somewhat loosened. Discard the cooking water and put the beans in a casserole in the bottom of which has been placed the onion, oil,

seasonings and honey. Barely cover with boiling water and cook with the lid on till the beans are soft, about two and a half hours in an oven at 300 degrees F. Then place the sliced apples over the top and cook uncovered until the apples are brown and tender.

Pinto Beans with Oats

- 1½ cupfuls pinto beans
- 1 cupful rolled oats
- ½ teaspoonful baking soda
- 1 tablespoonful molasses
- 1½ teaspoonfuls salt
- ⅛ teaspoonful pepper
- 1 cupful stewed tomato, optional
- 2 tablespoonfuls butter substitute

Soak the beans over night, drain, cover with boiling water, add the soda and let them boil up thoroughly. Then drain again, mix with the other ingredients in a well-oiled casserole, cover and bake about two hours in an oven at 300 degrees F.

Lima Beans with Rice

- 1 pound dried lima beans
- 1 cupful sliced onions
- 2 tablespoonfuls molasses
- ¼ cupful butter substitute
- 2 teaspoonfuls salt
- ½ teaspoonful pepper
- ½ cupful brown rice

Soak the beans over night, and in the morning boil them up with a few grains of soda and discard the water. Then brown the onions in the fat and add them with the remaining ingredients to the beans, pour in boiling water barely to cover and simmer till the beans are tender.

Beans with Carrot Sauce

3 cupfuls plain cooked beans, any kind
1½ cupfuls ground raw carrots
2 medium-sized onions, ground
1 green pepper, ground
1 teaspoonful salt
1½ cupfuls water
2 tablespoonfuls peanut butter

Combine the ingredients in the order given, in the casserole in which they are to be baked. Cover and bake gently till the carrots are done, about forty-five minutes, then uncover and brown.

Pinto Beans with Barley

1 cupful pinto beans
1 cupful barley
2 teaspoonfuls salt
½ cupful peanut butter
Vegetable soup stock

Soak the beans over night in water to cover, drain and scald them with a few grains of soda. Then drain again and combine with the barley, salt and peanut butter. Cover with water and boil till the beans and barley are tender, about an hour and a quarter, using water in which vegetables have been boiled, as carrots, celery and the like.

Vegetable Hamburg Steak

1 cupful cooked kidney beans
1 cupful cooked lima beans
1 cupful cooked dried peas
1 cupful ground raw carrots
1½ cupfuls dry bread crumbs
1½ teaspoonfuls celery salt
1½ teaspoonfuls salt
½ teaspoonful pepper
4 tablespoonfuls corn flour

3 tablespoonfuls ground onion
2½ tablespoonfuls vegetable oil

The dried vegetables should be cooked soft. Combine them with the other ingredients in the order given, form into flat cakes, dip them in corn flour and brown gently on a griddle, in vegetable oil. Serve with Brown Nut Gravy, or tomato sauce.

Bean Cutlets

1½ cupfuls lima or pinto beans
½ cupful fine dry bread crumbs
½ teaspoonful salt
1 teaspoonful celery salt
⅛ teaspoonful pepper
½ cupful cooked hominy or rice
1 egg
Milk

Soak the beans over night, drain them, add water to cover and a little soda and cook till soft. Mash the beans, add the remaining ingredients with enough milk to make the mixture moist. Shape into cutlets, roll in fine dry bread crumbs which have been mixed with two tablespoonfuls of vegetable oil to the cup, bake in a hot oven and serve with or without tomato sauce, or creamed green peppers.

Soy Bean Chop Suey

2 cupfuls cooked soy beans
8 medium-sized onions, chopped
1½ cupfuls chopped celery
3 chopped green peppers
1½ teaspoonfuls molasses

1 tablespoonful vegetable oil
1 pint Meatless Brown Soup Stock
Salt to taste
1 cupful uncoated rice

Combine the raw vegetables, molasses and oil, and cook very gently for ten minutes. Add the stock and simmer till the vegetables are tender and the stock is largely evaporated. Then add the beans. In the meantime boil the rice and serve it as an accompaniment to the suey mixture.

Soy Beans with Brown Rice or Barley

1½ cupfuls soy beans
½ tablespoonful salt
2 onions, optional
½ cupful peanut butter
1½ cupfuls brown rice or pearled barley

Soak the beans over night. In the morning, drain and scald with a few grains of soda. Drain again, cover with boiling water, add the remaining ingredients except the rice, and simmer till the beans are almost tender, about four hours. The beans should not boil hard as this toughens the protein. Then add the rice and finish cooking. The water should be allowed to cook away so that when the dish is finished the mixture will be thick. Serve with chili sauce, or any relish.

Soy Bean and Rice "Omelet"

Add to two or three cupfuls of left-over soy beans cooked with rice, some minced

green pepper. Spread the mixture in a frying-pan containing a little hot vegetable oil, brown evenly, fold over and serve.

Lima or Pinto Beans Scalloped with Celery

2 cupfuls cooked lima or pinto beans
2 cupfuls cooked samp or hulled corn
2 cupfuls diced celery
½ teaspoonful salt
1 cupful milk
2 tablespoonfuls rye flour
2 tablespoonfuls butter substitute
3 tablespoonfuls grated cheese

Cook the celery till nearly tender in a pint of water, with or without a slice of onion. The water should be reduced to a cupful. Combine this celery liquor with the milk. Melt the butter substitute, stir in the flour, then add the milk, salt and pepper as in making any sauce. In the meantime oil a casserole, put in alternating layers of beans, samp and celery and pour in the sauce. Sprinkle the cheese over the top and bake until brown and thoroughly hot, about thirty minutes.

Meatless Chili Con Carne

4 cupfuls cooked kidney beans
2 pods dried chili peppers
3 tablespoonfuls butter substitute
3 tablespoonfuls chili powder
3 tablespoonfuls rye flour
1 clove garlic, minced
1 cupful warm water
1 cupful stewed tomato
1 minced green pepper, optional
Salt to taste
Boiled uncoated or brown rice

Soak the peppers in the warm water till they are soft. Then scrape out the pulp into the water and discard the skins. Add the tomato to the water, together with the garlic and green pepper and boil it for fifteen minutes. Then add the beans and thicken the mixture with the flour and chili powder, blended with the butter substitute. Boil for three minutes, pour over the rice and serve.

Baked Bean Loaf

3 cupfuls cold baked beans, any kind
2 small onions, ground
1 cupful dry bread crumbs
Salt and pepper to taste

Combine the ingredients in the order given, form into a loaf, place in a well-oiled pan and bake in a hot oven at 375 degrees F. for thirty minutes. Serve with tomato sauce.

Baked Bean and Cheese Loaf

Observe the proportions given in the preceding recipe, adding a cupful of grated dairy cheese, then bake as directed.

Soy Bean Hash

1 pint cooked soy beans
1 pint finely chopped, cooked potato
2 minced onions
2 tablespoonfuls vegetable oil
1 tablespoonful peanut butter
1½ teaspoonfuls salt
⅛ teaspoonful pepper

Cook the onions till tender in a tablespoonful of vegetable oil. Then add the onions together with the peanut butter and seasonings to the beans and potatoes. If the mixture is not so moist as for ordinary hash add a little milk or Meatless Brown Stock. Heat the remaining oil in a frying-pan, pack in the hash, brown gently, fold over and serve with or without tomato sauce, home-made catchup, or white sauce. Or pack the hash into a shallow, well-oiled fireproof platter and bake it in the oven.

Dried Pea Roast

1 pint cooked, dried peas, any kind
1 cupful cornmeal mush
1 ground onion
1 ground green pepper
½ cupful mashed potato
2 teaspoonfuls salt
1 teaspoonful poultry seasoning
¼ teaspoonful pepper
¼ cupful chopped walnuts

Combine the ingredients in the order given, pack into a well-oiled bread-pan and bake forty minutes in an oven at 375 degrees F.

Baked Split Peas, Cheese and Cornmeal

½ cupful split peas
4 cupfuls boiling water
1 cupful cornmeal
4 teaspoonfuls salt
½ cupful grated cheese
½ teaspoonful paprika

Add the peas to the boiling water and cook them until soft. Then add the sea-

sonings and gradually sift in the cornmeal. Let it cook gently till very thick. Then oil a rather shallow baking-dish. Add the cheese to the mixture, reserving three tablespoonfuls, pour it into the dish, sprinkle over with the cheese and bake till brown in an oven at 375 degrees F. Cottage cheese may be substituted if desired.

Dried Pea and Samp Chowder

¾ cupful split peas
½ cupful samp or coarse hominy
2½ quarts water
2 teaspoonfuls celery salt
2 teaspoonfuls salt
½ teaspoonful pepper
4 sliced carrots
4 sliced onions
2 tablespoonfuls peanut butter

Wash the peas and samp thoroughly, and put them on to cook in the water which should be boiling, together with the seasonings. After forty-five minutes, add the remaining ingredients and cook the whole mixture slowly until both peas and samp are tender, about two hours.

Soy Bean Soup

2 cupfuls cooked soy beans
2 cupfuls stewed tomatoes
2 onions
1 quart water
Salt and pepper to taste
1 tablespoonful corn-syrup
1 tablespoonful rye or corn flour
1 tablespoonful butter substitute

Put the soy beans and onions through the food chopper, then combine all except the

last two ingredients, simmer for forty minutes and thicken with the flour mixed with the butter substitute.

Celery and Bean Soup

½ cupful pinto or kidney beans
5 cupfuls water
2 cupfuls chopped celery leaves
1 chopped onion, optional
½ teaspoonful brown sugar
2 teaspoonfuls salt
¼ teaspooonful pepper
1 pint milk
2 tablespoonfuls rye flour
1 tablespoonful butter substitute

Wash the beans, add them with the celery to the water and seasonings and boil gently till the beans are soft, about an hour and a quarter. Then rub through a sieve, add the milk and thicken with the flour and the butter substitute blended.

Baked Bean Salad

Season any kind of left-over baked beans with a little chili sauce and French dressing and pack them into small molds or after-dinner coffee cups lightly rubbed with salad oil. Chill and unmold on a bed of shredded cabbage which has been lightly mixed with a little chow-chow, or picalilli. Garnish with lettuce or parsley, if convenient.

Bean and Celery Salad

2½ cupfuls cooked pinto or kidney beans
1½ cupfuls diced celery
Chili Salad Dressing
Lettuce or cress

Combine the beans and celery with salad dressing to moisten, transfer to a bowl lined with the salad green and serve.

Lima Bean Salad with Carrots

2 cupfuls cooked lima beans
1 cupful thinly sliced, cooked carrots
½ cupful minced green pepper
French Dressing
Lettuce or romaine

Combine the beans, carrots and green pepper with French Dressing to moisten, and chill. Arrange in a bowl lined with the salad green. Sliced sweet pickles make an attractive garnish.

FISH AS A MEAT SUBSTITUTE

Fish is one of the foods we are being asked to use freely during the time of conservation, because it is a product more or less perishable and cannot be easily shipped to our troops and our Allies. As a nation we do not prepare fish well, depending largely on the frying-pan as a medium. However, to fry fish continually is unpatriotic, as we must conserve fats, so we should substitute boiling, broiling or baking. Fish cooked in any of these three ways is a revelation in flavor. If fish is to be browned it should be in vegetable fat.

Generally, fat fish, like mackerel, salmon, sable fish, tuna, etc., are better adapted to baking, while the drier fish, as halibut, cod and tile, are well-suited to boiling or broiling.

The seasoning of fish has much to do with the preparation of a successful dish. Bay leaves and a little lemon juice, a touch of onion and a few shreds of green pepper, a little minced pickle spice or finely minced herbs, will go a long way towards making delicious a dish that might otherwise be disliked.

As for the economy of using fish, it is so

quickly cooked that it may be classed as a fuel-saver; moreover there is very little waste, as it is all edible except the skin and bones, which may be made into fish soup-stock, and used as a basis for a cream soup, bisque, or chowder.

The following menus show how fish can be used to supply the protein element in the meal.

1

Salmon or Grayfish Loaf Green Pepper Sauce
Mashed Potatoes Canned or Fresh String Beans
Rice Bread Butter or a Substitute
Celery
Fruit and Oat Pudding
Coffee or Tea (adults)

2

Oyster Chowder
Rye Rolls Butter or a Substitute
Cottage Cheese and Tomato Salad
Stewed Dried Strawberries or Pears
Tea (adults)

All measurements are level

Fish Soup Stock

Skin and bones from 2 pounds fresh fish
1 quart water
1 small onion, minced, optional
1½ teaspoonfuls salt
¼ teaspoonful pepper
2 teaspoonfuls celery salt
1 small carrot, minced

Add the water to the fish bones and skin, with the onion, carrot and seasonings, and simmer gently until the fish drops from the bones, about twenty-five minutes. Then strain and from the residue pick out the bits

of fish from the skin and bones and return them to the stock, if desired. This may be used as a basis for a fish chowder, fish bisque, a fish and tomato soup, or a fish and vegetable soup.

Haddock, Cod, or Tile Fish in Ramekins

1 pound haddock, cod, or tile fish
2 tablespoonfuls butter substitute
2 tablespoonfuls rye or barley flour
1 tablespoonful onion juice, optional
1 cupful milk
½ cupful dry bread crumbs, mixed with
1 tablespoonful butter substitute melted

Boil the fish in a pint of salted water, then drain off the liquor. There should be one and a fourth cupfuls left. Add this to the milk, thicken the mixture with the flour mixed with the butter substitute, add the onion juice and season further with celery salt if desired. Pick the fish from the skin and bones. Add it to the sauce and transfer to good-sized ramekins. Cover with the crumbs and bake.

Salmon or Grayfish Loaf

1 large can salmon or grayfish
1 scant cupful dried bread crumbs
1 egg
1 onion, minced
½ teaspoonful paprika
⅔ cupful milk
Salt to taste

Combine the ingredients in the order given. Pack into a well-oiled bread-pan and bake for twenty-five minutes. Unmold

and serve with, or without, white-tomato-green-pepper-or-egg sauce.

Fish and Potato Pie

- 2½ cupfuls cooked, sliced potato
- 1½ cupfuls cooked, left-over, white-fleshed fish, or uncooked small clams or oysters
- 2 cupfuls well-seasoned white sauce
- ½ cupful bread crumbs mixed with
- 2 tablespoonfuls butter substitute

Oil a baking-dish. Put in a layer of potato, then one of fish and one of sauce, alternating in this way till all is used. Cover with the crumbs and bake for twenty-five to thirty minutes, or until browned, in an oven at 375 degrees F.

Savory Creamed Fish

- ½ cupful coarsely flaked, cooked salmon, tuna, or left-over firm-fleshed fish
- 3 hard-cooked eggs, sliced
- 1 large green pepper, minced
- 3 sliced onions
- 2 tablespoonfuls butter substitute
- 2 tablespoonfuls barley or rye flour
- 2 cupfuls milk
- ½ teaspoonful pepper
- 1 teaspoonful salt

Add the peppers and onions to the butter substitute, and cook gently till they are tender. Then stir in the flour, and when slightly browned pour in the milk. Add the salt and pepper and when the mixture boils turn in the fish and eggs coarsley chopped. When the mixture is re-heated

pour it over four cupfuls of boiled brown rice, samp, or coarse hominy. Set in the oven for a moment or two and serve.

Casserole of Salt Codfish

3 cupfuls well-seasoned mashed potato
2 cupfuls flaked salt codfish
2 pimentoes, optional
1 cupful white sauce

Freshen the codfish for half an hour, then boil it for twenty minutes and flake it. Add it to the white sauce, together with the pimentoes. Line a well-oiled casserole with mashed potato. Pour the fish mixture in the center, top with a "crust" of mashed potato, brush this lightly with a little melted butter substitute and brown in a hot oven. This will take about thirty minutes. A few left-over cooked peas or string beans may be added to the fish mixture if desired.

Finnan Haddie with Hominy or Rice

Follow the directions given in the preceding recipe, substituting finnan haddie for the salt fish, and cooked hominy or rice for the mashed potato.

Fish Patties

1 pound canned salmon, tuna, or gr fish or
2 cupfuls left-over, cooked fish mixed with a little white sauce or fish liquor
Few grains mustard
1 teaspoonful salt
½ teaspoonful pepper
2 tablespoonfuls milk or tomato juice
1 tablespoonful minced onion

1 egg
½ teaspoonful lemon juice
Dried bread crumbs to thicken

Combine the ingredients in the order given, adding enough bread crums so that the mixture can be easily handled. Form into flat cakes and brown on a hot griddle, or bake in a well-oiled dripping-pan in a hot oven, turning them when brown on one side. Serve with white, egg, green pepper, or tomato sauce.

Fish Chowder

½ pound haddock or codfish
½ cupful sliced onion
2 cupfuls sliced potatoes
3 tablespoonfuls butter substitute
1 quart milk
Dry bread crumbs
Salt and pepper to taste
½ cupful left-over corn, canned, or dried and stewed

Boil the fish in a quart of salted water; remove it, saving the liquor. Gently cook the onions in the butter substitute; add them with the potatoes to the fish liquor and cook slowly till the potatoes are done. Then add the fish, milk and corn, boil three minutes, thicken with the dry bread crumbs and season to taste with salt and pepper.

Oyster Chowder

Substitute a pint of quartered oysters and their liquor for the fish in the preceding recipe and proceed as directed. A little mace may act as further seasoning.

Mock Scallops

1½ pounds halibut, cod, or haddock
1 cupful milk
2 tablespoonfuls vegetable oil
½ teaspoonful salt
Few grains pepper
Fine dry bread crumbs

Cut the fish with the scissors into inch pieces and wash them in the milk. Then drain and let stand for an hour in the oil mixed with the seasonings. Roll in the sifted crumbs, transfer to a well-oiled pan and bake for ten minutes in an oven at 375 degrees F., or until brown. Use the milk as a basis for a white sauce to serve with the fish. The bones and skins should be reserved for Fish Soup-Stock.

Browned Eels with Braised Onions

1 eel, about 1 pound
12 medium-sized onions
¼ cupful vegetable cooking fat
Salt and pepper
1 minced green pepper, optional

Slice the onions and pepper and put them on to cook very gently in the fat, adding a little water or fish stock to keep them from sticking. In the meantime wash, skin and dry the eel and cut it in pieces about two inches long. Dip them in a little milk and water mixed, dust with salt and pepper and then in fine dry bread crumbs and brown. When the onions are done, put them on a platter, dispose the browned eel over them and serve with mashed potatoes, boiled samp or boiled brown rice.

Oyster and Potato Cakes

3 cupfuls well-seasoned mashed potatoes	1 pint oysters
1 egg yolk	1 tablespoonful chopped parsley
	Nutmeg

Chop the oysters after draining them from their liquor. Add them with the other ingredients to the potato which should be well-seasoned. Form into thin flat cakes, dip in corn flour, and brown on a griddle in vegetable oil, using the oyster liquor with additional milk to make a white sauce to serve with them.

If desired the mixture may be packed in a well-oiled bread-pan and baked as a loaf for thirty minutes in a hot oven.

Baked Sable Fish in Milk

2 pounds sliced sable fish, cut an inch thick	Rye flour
2 minced onions	1 teaspoonful minced parsely
	Salt and pepper

Dust the fish with salt and pepper, and then with the flour and transfer it to a fireproof platter. Cover it with two-thirds milk to one part of water, and bake till tender in a hot oven at 375 degrees F.,— about thirty minutes.

Baked Sea Trout, Cod or Haddock with Tomato Dressing

Prepare the fish as usual for baking and fill sparingly with the following dressing:—

Bring one cupful of well-seasoned canned tomatoes to boiling-point, together with one finely minced onion and one teaspoonful of poultry seasoning. Then stir in one cupful of fine dried bread crumbs and let cook together to form a paste.

Dust the fish with salt and pepper, lay it in a dripping-pan and baste it with a cupful of extra, seasoned canned tomatoes while baking. Allow forty minutes for a three-pound fish. Put any extra dressing in small cups, bake it and serve as a garnish to the fish.

MEAT SUBSTITUTES WITH A CEREAL OR VEGETABLE FOUNDATION

Meat substitutes with a cereal or vegetable foundation, may be used in the following manner to supply the protein element of the meal.

1

Dried Vegetable Soup
Cornmeal Nut Scrapple
Barley Biscuits Butter or a Substitute
Celery or Cold Slaw
Steamed Marmalade Pudding Foamy Sauce
Tea (adults)

2

Steamed Stuffed Cabbage Tomato Sauce
Rye Bread and Butter or a Substitute
Sliced Cucumbers or Cucumber Pickles
Steamed Apricot or Peach Dumplings
Peach Sauce
Tea (adults)

All measurements are level

Polenta

Prepare a quart of cornmeal mush, using four cupfuls of boiling, salted water, and stirring into it a cupful and a half of cornmeal. Cook till the mixture is thick and

transfer to a bread-pan which has been lightly oiled. Let the mixture stand for fifteen minutes and then bake it in a hot oven for a few minutes. Unmold on a platter. Strew thickly with grated cheese and serve with stewed tomatoes cooked until thick, with a white sauce containing onions and green peppers, with creamed, hard-cooked eggs or mushrooms in Brown Nut Gravy.

Cornmeal Nut Scrapple

Prepare cornmeal mush, according to the directions given for Polenta, and stir into it one and a half cupfuls of coarsely chopped peanuts or other nuts. Let the mixture stiffen in a bread-pan which has been rinsed with cold water. Then cut in slices one-half inch thick. Dip them in corn flour and brown in vegetable oil.

Cornmeal Fish Scrapple

Follow the directions for Cornmeal Nut Scrapple, substituting boiled and well-drained salt codfish for the peanuts.

Hominy Fish Balls

3 cupfuls cooked hominy
1 cupful minced cooked fish, any kind
1 egg yolk
1 egg white
1½ teaspoonfuls onion juice, optional
1 teaspoonful minced parsley, optional
Salt and pepper to taste

Combine the ingredients and form the

mixture by small tablespoonfuls into balls. Roll these in corn flour and then in the egg white slightly beaten, and mixed with a half-cupful of milk. Then roll in fine dry bread crumbs. Fry in deep vegetable fat, hot enough to brown a bit of bread in forty counts. Serve with tomato-or-white sauce.

Baked Vegetable Mush

2 cupfuls thick cornmeal mush
2 cupfuls sliced cooked potato
1 cupful sliced cooked carrots
2 minced onions
1 cupful grated dairy cheese
1½ cupfuls milk

Oil a baking-dish and put the mush in the bottom. Sprinkle with a little cheese, put on a layer of potatoes, then the carrots and a little onion, sprinkling in the cheese occasionally, and making it the last layer. Pour in the milk which has been seasoned with a teaspoonful of salt and one-fourth teaspoonful of pepper, and bake for an hour in an oven at 375 degrees F.

Cornmeal or Hominy Timbales

Pack thick cornmeal or hominy mush into timbale molds or small cups which have been slightly oiled. When cold and firm unmold on a deep fireproof platter and surround with two cupfuls of white sauce to six small timbales. Cover thickly with grated dairy cheese and bake in an oven

until the cheese is browned. If desired, chopped nut-meats may be added to the mush.

Boiled Potatoes with Peanut Sauce

Boil two small potatoes for each person to be served, saving the water for the making of soups. Pour over the drained potatoes a sauce made as follows: 3 tablespoonfuls butter substitute, preferably a good margarine, browned together with two tablespoonfuls of peanut butter, a little paprika and one-half cupful of chopped peanuts. Pour over the potatoes and serve.

Potato and Cheese Casserole

5 cupfuls well-seasoned mashed potato
1½ cupfuls diced dairy cheese
1 egg

Thoroughly oil a two-quart casserole and line it with three cupfuls of the mashed potato. Mix together the cheese and egg, fill in the hollow with it and heap the remaining potato over it. Brush lightly with milk and bake uncovered in a hot oven for thirty minutes. The mixture should be heaped up in the center.

Mushroom Hash

½ pound mushrooms
1½ cupfuls chopped, cooked potatoes
Few grains mace
1 tablespoonful minced parsley, optional
Salt and pepper to taste
Vegetable oil

Peel the mushrooms and chop them, stems and caps. Cook gently in a little butter substitute for a few minutes, then combine with the potato, season, moisten with milk if necessary, and cook as any hash in a little vegetable oil. Fold over and serve.

Steamed Stuffed Cabbage

1 cupful dry bread crumbs
¾ cupful sifted canned tomatoes
1½ teaspoonfuls salt
¼ teaspoonful pepper
3 eggs
1 onion, minced
¾ cupful chopped nut meats
2 tablespoonfuls butter substitute
1 three-pound cabbage

Break off the tough outer cabbage leaves, and line a medium-sized bowl with them. Shred the rest of the cabbage coarsely and cook it till tender in a little salted water. Then pour the tomato juice which should be boiling, on the crumbs. Add the other ingredients, stir in the eggs unbeaten and pack this mixture into the lined bowl. Steam for two hours, unmold, and serve with tomato sauce.

Escalloped Egg-plant or Summer Squash with Smoked Salmon

3 cupfuls mashed cooked egg-plant or summer squash
¾ pound smoked salmon, minced
1 cupful boiled rice
1 cupful white sauce

Combine the ingredients in the order

given. Transfer to a well-oiled baking-dish, after seasoning the mixture to taste with salt and pepper as necessary. Cover with dry bread crumbs which have been mixed with a small amount of melted butter substitute and bake for an hour in a moderate oven.

Baked Sweet Potatoes with Nuts and Raisins

3 cupfuls mashed sweet potato
½ teaspoonful salt
⅛ cupful corn-syrup
1½ cupfuls raisins
¾ cupful chopped walnut meats

Combine the ingredients in the order given and transfer to a well-oiled baking-dish, sprinkling the top with a few of the nuts and raisins, bake in a moderate oven. Or, chop the raisins, combine them with the other ingredients, press the mixture into flat cakes, dip them in corn flour and brown on a griddle in vegetable oil.

SAVORY SAUCES AND SALAD DRESSINGS

All measurements are level

French Pickled Onion Dressing

½ cupful salad oil
2 tablespoonfuls pickled onion vinegar
½ teaspoonful salt
½ teaspoonful pepper
2 tablespoonfuls minced pickled onions

Beat the ingredients together in the order given and serve.

French Almond Dressing

½ cupful salad oil
2 tablespoonfuls lemon juice
½ teaspoonful salt
¼ teaspoonful paprika
2 tablespoonfuls chopped, browned almonds

Combine the ingredients in the order given, beating them thoroughly together.

Eggless Mayonnaise

3 tablespoonfuls undiluted evaporated milk
½ teaspoonful salt
¼ teaspoonful pepper
½ teaspoonful mustard
2 tablespoonfuls sharp vinegar
½ cupful salad oil

Combine the seasonings, stir in the milk and gradually beat in the oil with an egg-

beater. Then whip in the vinegar and use as any mayonnaise.

Mock Roquefort Salad Dressing

1 cupful mayonnaise, or boiled salad dressing
½ cupful cottage cheese
½ teaspoonful salt
⅛ teaspoonful pepper
⅛ teaspoonful paprika

Crush the cottage cheese with a fork, stirring in the other ingredients.

Chili Salad Dressing

To a cupful of Eggless Mayonnaise beat in one-fourth cupful of chili sauce, and a little grated onion if desired.

Brown Nut Gravy

2 tablespoonfuls butter substitute
2 tablespoonfuls peanut flour
1 tablespoonful rye or barley flour
½ teaspoonful salt
¼ teaspoonful paprika
1½ cupfuls boiling water

Melt the butter substitute and add the flour, cooking the mixture, stirring constantly till it is brown. Then add the seasonings, pour in the water gradually and let the mixture boil for three minutes.

Brown Nut "Platter" Gravy

Observe the proportions for Brown Nut Gravy, substituting two tablespoonfuls of extra peanut flour for the rye.

Peanut Cream Sauce

1 tablespoonful butter substitute
2 tablespoonfuls peanut butter
½ teaspoonful salt
¼ teaspoonful pepper
2 tablespoonfuls rye flour
1½ cupfuls milk

Melt the butter substitute, add the peanut butter and seasonings and, when liquefied, the flour. Gradually stir in the milk and let the mixture boil for three minutes.

Green Pepper Cream Sauce

½ cupful minced green peppers
2 tablespoonfuls butter substitute
1½ tablespoonfuls rye flour
½ teaspoonful salt
⅛ teaspoonful pepper
1½ cupfuls milk

Melt the butter substitute, add the green peppers and cook them very gently for three minutes, taking great care not to brown them, then stir in the flour and seasonings and gradually pour in the milk, stirring constantly. Let the mixture boil for three minutes, then serve.

Cheese Sauce

To a cupful of plain white sauce, add a third cupful or more of grated dairy cheese, and let the mixture cook over hot water till the cheese is melted.

Tomato Sauce

2 cupfuls canned or stewed tomatoes
1 onion, minced
1 teaspoonful salt
1 teaspoonful mustard
2 cloves
¼ teaspoonful pepper
2 tablespoonfuls butter substitute
1 tablespoonful corn flour
2 tablespoonfuls barley flour

Combine the tomatoes and seasonings and stew them for fifteen minutes. Then sift and thicken with the butter substitute blended with the flours.

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